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IN THE CLAIMS:

Please amend the claims as follows:

Claim 1 (currently amended): A pillow, comprising:

a foam main-body,

a plurality of foam projections extending off of said foam main-body, said projections being in first and second groups which define different support characteristic zones, and wherein said pillow has a maximum height in a central region of said pillow, and said pillow is formed as a monolithic, visco-elastic foam body.

Claim 2 (canceled)

Claim 3 (original): The pillow of claim 1, wherein said pillow includes a first row of cylindrical foam projections and a second row of cylindrical foam projections and a top surface of the cylindrical projections in the first row have a larger radius than top surfaces of the cylindrical projections in the second row.

Claim 4 (canceled)

Claim 5 (canceled)

Claim 6 (currently amended): A pillow, comprising:

a foam main-body,

a plurality of foam projections extending off of said foam main-body, said projections being in first and second groups which define different support characteristic zones, and wherein said pillow has a maximum height in a central region of said pillow, wherein said pillow includes